

Lunch

CHICKEN, CUCUMBERS, TOMATOES, AND RICE AND PARMESAN BROCCOLI

\$3.37/SERVING EST



Ingredients and groceries scaled from original 1 serving

2 ½ cups instant brown rice

2 ½ cups water

2 ½ cups rotisserie chicken chopped

5 cups cherry tomatoes halved

5 cups cucumber chopped

5 tablespoons dried cranberries

1/3 Italian dressing

Prep: 15 mins

Cook: 5 mins

- 1. Bring water and rice to a boil in a pot on the stove. Cover and simmer 10 minutes or until water is absorbed.**

- 2. Add cooked rice, chicken, tomatoes, cucumbers, and dried cranberries to a bowl.**
- 3. Pour dressing over salad and toss to combine.**

PARMESAN BROCCOLI

\$1.55/SERVING EST

Ingredients and groceries scaled from original 1 servings

2 ½ tablespoons olive oil

10 cups broccoli cut into florets

5/8 cup water

5 cloves garlic minced

10 tablespoons Parmesan cheese grated

Prep: 5 mins

Cook: 15 mins

1. Heat oil in skillet over medium heat. Add broccoli and stir to coat with oil. Cook 3 minutes.
2. Add water, cover, and cook 1-2 minutes until water evaporates.

3. Stir in garlic and parmesan and cook another minute until broccoli is tender.